



# Questionnaire for Schools

**Questionnaire about your school,  
physical activity and healthy eating**

- This questionnaire asks about physical activity and healthy eating related aspects of your school and should take about 15 minutes to complete.
- **Please think about Year 9 when you answer this questionnaire.**
- Please choose one answer per question or item (either tick one box or circle one response).
- Please complete every question in the questionnaire.
- Your answers will be treated as confidential.
- If you have any questions, please contact the study team.

## Section 1. School information

- 1. Name of school** .....
- 2. What is your position?** (Please tick)
  - Head teacher
  - Deputy Head teacher
  - Other; *please specify*.....
- 3. What time does the normal school day start**..... **and finish** .....
- 4. At what time are breaks held, and how long do they last?**

	Start time	Duration (minutes)
Morning Break		
Lunchtime		
Afternoon break		
Other; <i>please specify</i> .....		

- 5. For the next question we need you to think about the area around your school.**  
(Please tick the box that best indicates your agreement or disagreement with each of the following statements).

	Strongly disagree	Disagree	Neither disagree nor agree	Agree	Strongly agree
a. There is heavy traffic in the streets near the school.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
b. There are pathways for the children to walk on near the school.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
c. Cars drive slowly near the school.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
d. Streets are safe to walk or ride on near the school.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
e. There are safe places like traffic lights or zebra crossings to cross busy streets near the school.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
f. Streets near the school are free from rubbish.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
g. It is easy to get to the school on foot.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## Section 2. Pupil overview

- 2.1 Please answer the following questions in reference to Year 9 wherever possible.**  
*If Year 9 information is not available, please complete school-level information.*
- 2.2 How many pupils are there in...?** Year 9 ..... The whole school .....
- 2.3 How many boys are there in ...?** Year 9 ..... The whole school .....
- 2.4 How many girls are there in...?** Year 9 ..... The whole school .....
- 2.5 What percentage of pupils are entitled to free school meals?** Year 9 .....% The whole school .....
- 2.6 What percentage of pupils receive free school meals?** Year 9 .....% The whole school .....

## Section 3. Physical activity opportunities at school

- 3.1 Does your school have access to** (please tick all that apply) **If yes, how would you rate the quality of the following with respect to its use for gym classes or sports?** Please take into account the level of maintenance, cleanliness, accessibility etc.

	No	Yes		High	Medium	Low
A specific indoor hall for gym or sports?	<input type="checkbox"/>	<input type="checkbox"/>	→	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
A shared indoor facility used for sports activities?	<input type="checkbox"/>	<input type="checkbox"/>	→	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
A sports or football field/pitch on school grounds?	<input type="checkbox"/>	<input type="checkbox"/>	→	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
A recreational area on school grounds?	<input type="checkbox"/>	<input type="checkbox"/>	→	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
A swimming pool?	<input type="checkbox"/>	<input type="checkbox"/>	→	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Playing fields or a local park off school grounds, which you can use?	<input type="checkbox"/>	<input type="checkbox"/>	→	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Purpose built changing facilities for pupils?	<input type="checkbox"/>	<input type="checkbox"/>	→	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sports equipment (e.g. gymnastics equipment)?	<input type="checkbox"/>	<input type="checkbox"/>	→	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

- 3.2 How many hours of physical education do the pupils in Year 9 usually have per week?**  
(Please round to the nearest ½ hour)  
..... hours per week

- 3.3 Does your school or any other organisation provide any extracurricular physical activity or sports programmes available to Year 9?**  
(Please tick your response in each case)

	No	Yes
a. Before school	<input type="checkbox"/>	<input type="checkbox"/>
b. During lunch breaks	<input type="checkbox"/>	<input type="checkbox"/>
c. After school	<input type="checkbox"/>	<input type="checkbox"/>
d. At weekends	<input type="checkbox"/>	<input type="checkbox"/>

### Section 4. Food learning opportunities at school

4.1 Do you have access to cooking/food preparation facilities for teaching use

Yes  
 No

4.2 Do pupils have cookery lessons as part of the planned curriculum for Year 9?

Yes, total number of hours over school year ..... (Please round to the nearest ½ hour)  
 No

4.3 Other than curriculum based activities does your school or any other organisation provide any programmes for learning about food preparation (e.g. cookery club)

If yes are these activities open to everybody (please circle)? (If no, please give details)

	Yes	No	→	Yes	No
a. Before school	<input type="checkbox"/>	<input type="checkbox"/>	→	<input type="checkbox"/>	<input type="checkbox"/>
b. During lunch breaks	<input type="checkbox"/>	<input type="checkbox"/>	→	<input type="checkbox"/>	<input type="checkbox"/>
c. After school	<input type="checkbox"/>	<input type="checkbox"/>	→	<input type="checkbox"/>	<input type="checkbox"/>
d. At weekends	<input type="checkbox"/>	<input type="checkbox"/>	→	<input type="checkbox"/>	<input type="checkbox"/>

4.4 Do you have access to a fruit/vegetable garden for teaching use?

Yes, on site  
 Yes, but not on the school grounds  
 No

4.5 Do Year 9 pupils have practical fruit and vegetable gardening lessons?

Yes, it is compulsory for all of Year 9  
 Yes, Year 9 pupils can choose to do it  
 No

### Section 5: School's rules and attitudes

Please tick the box that best indicates your agreement or disagreement with each of the following statements.

5.1 It is your school's view that it is important to...

	Strongly disagree	Disagree	Neither disagree nor agree	Agree	Strongly agree
a. ...encourage pupils to be physically active at school (for example, during school breaks).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
b. ...encourage pupils to do physical activities outside of school.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
c. ...educate pupils about the risks of physical inactivity.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
d. ...provide information on how to be physically active in a safe manner.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
e. ...encourage pupils to use active transport to school (e.g. walking, cycling).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

5.2 Which of the following statements best describes your rules relating to where Year 9 pupils can go during breaks (including lunchtime)? (Please tick the one box)

- a. It is compulsory for all Year 9 pupils to go outside, irrespective of the weather.
- b. When the weather allows, it is compulsory for all Year 9 pupils to go outside. However, all Year 9 pupils are kept inside in bad weather.
- c. When the weather allows, it is compulsory for all Year 9 pupils to go outside. However, if the weather is bad, they are allowed to go inside or outside.
- d. The Year 9 pupils are allowed to go both inside and outside, irrespective of the weather.
- e. It is compulsory for all Year 9 pupils to go inside, irrespective of the weather.

5.3 What factors influence your decision to enact bad weather policies on a given day?

1. ....
2. ....
3. ....

5.4 Are the pupils in Year 9 allowed to do the following during breaks? (Please tick one box per letter)

	Yes, always	Yes, in bad weather	No, never
a. Use a computer	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
b. Watch TV or videos	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
c. Use the school's sports equipment	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
d. Play ball games indoors	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
e. Play ball games outdoors	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**5.5 Does your school have a policy to promote physical activity among Year 9 pupils?**

(Please tick one box)

- Yes, a written policy
- Yes, an informal policy
- No

**5.6 Does your school have a policy to promote a balanced diet among the Year 9 pupils, in addition to the government's national nutritional standards for school food?**

(Please tick one box)

- Yes, a written policy
- Yes, an informal policy
- No (go to question 6.1)

**If yes, does your policy include :**

(please tick all that apply)

	Yes	No
a. Packed lunch policy	<input type="checkbox"/>	<input type="checkbox"/>
b. Restrictions on specific foods or drinks due to allergies or religious reasons	<input type="checkbox"/>	<input type="checkbox"/>
c. Restrictions on foods or drinks for health reasons	<input type="checkbox"/>	<input type="checkbox"/>
d. Additional nutritional standards in caterer's contract	<input type="checkbox"/>	<input type="checkbox"/>
e. Involvement in the National Healthy Schools Programme	<input type="checkbox"/>	<input type="checkbox"/>
f. Involvement in the Million Meals initiative	<input type="checkbox"/>	<input type="checkbox"/>
g. Online audit (e.g. as provided by the School Food Trust)	<input type="checkbox"/>	<input type="checkbox"/>
h. Other diet/nutritional strategies	<input type="checkbox"/>	<input type="checkbox"/>

**5.7 Does your school have a travel plan?**

(This is a formal document, which identifies ways of encouraging more pupils to walk, cycle or use public transport to get to school)

Yes	No
<input type="checkbox"/>	<input type="checkbox"/>

## Section 6: Food provision and catering

**6.1 Do you have the following food and drink facilities?**

	Yes	No	
a. Kitchen for the preparation of school meals	<input type="checkbox"/>	<input type="checkbox"/>	
b. Snack bar/tuck shop	<input type="checkbox"/>	<input type="checkbox"/>	→ if 'yes', how many?.....
c. Vending machine	<input type="checkbox"/>	<input type="checkbox"/>	→ if 'yes', how many?.....
d. Water fountain	<input type="checkbox"/>	<input type="checkbox"/>	→ if 'yes', how many?.....

**6.2 Who is the supplier of food available at the school?**

- NORSE
- In-house catering service
- Local Authority provision
- Locally sourced (please state).....
- Alternative supplier (please state).....

**6.3 Where can Year 9 pupils access food and drink facilities?**

(please tick all that apply)

	N/A	Before School	During break-time	At lunchtime	After school
a. Vending machine	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
b. Snack bar/tuck shop	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
c. Canteen	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
d. Water fountain	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**6.4 Does the school canteen offer the following?**

(please tick all that apply)

	Every day	Never	Some days
a. A hot meal	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
b. A fixed menu	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
c. A choice of meals	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
d. Marked 'healthy options'	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
e. Snacks	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
f. Breakfast club	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
g. Salad bar	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
h. Meal deals	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
i. Marked 'healthy' meal deals	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**6.5 If available, what types of food/drink are provided by the school tuck shop/snack bar?**

(please tick all that apply)

a. Plain water (still or carbonated)	<input type="checkbox"/>	i. Hot drinks (e.g. tea, coffee, hot chocolate)	<input type="checkbox"/>
b. Milk	<input type="checkbox"/>	j. Fruit/fruit salad/vegetables	<input type="checkbox"/>
c. Fizzy/flavoured drinks	<input type="checkbox"/>	k. Dips with fruit/vegetables	<input type="checkbox"/>
d. Nuts/seeds/dried fruit	<input type="checkbox"/>	l. Chocolate/confectionery	<input type="checkbox"/>
e. Pure juices/smoothies	<input type="checkbox"/>	m. Sandwiches/salads	<input type="checkbox"/>
f. Cakes/biscuits	<input type="checkbox"/>	n. Breads	<input type="checkbox"/>
g. Yoghurt/fromage frais	<input type="checkbox"/>	o. Crisps	<input type="checkbox"/>
h. Hot snacks (e.g. bacon butties, pizza)	<input type="checkbox"/>	p. Any other items (please list) .....	<input type="checkbox"/>

**6.5 Are pupils allowed to leave school premises during lunch breaks?**

- Yes
- No

Please check that you have answered all the questions.

**THANK YOU FOR COMPLETING THIS QUESTIONNAIRE.**

